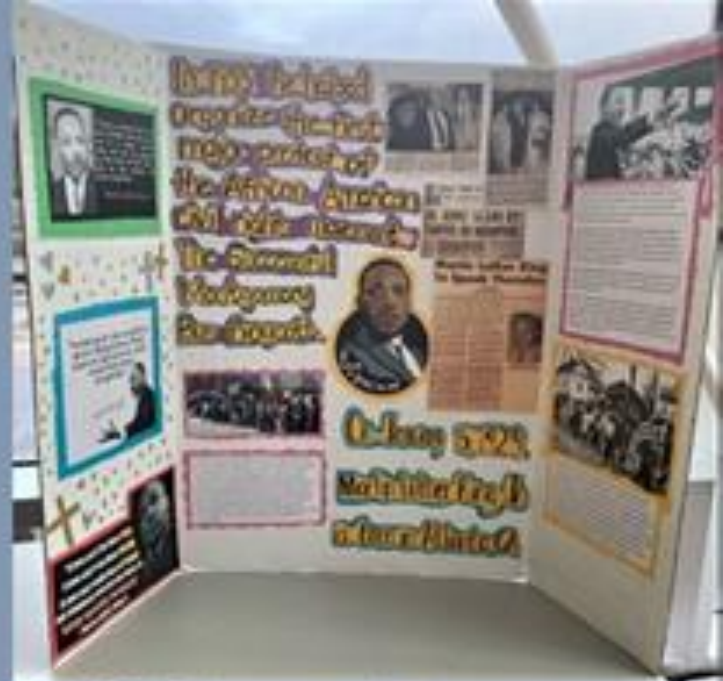




NHB/NMRTC Bremerton 2023 Photo Review



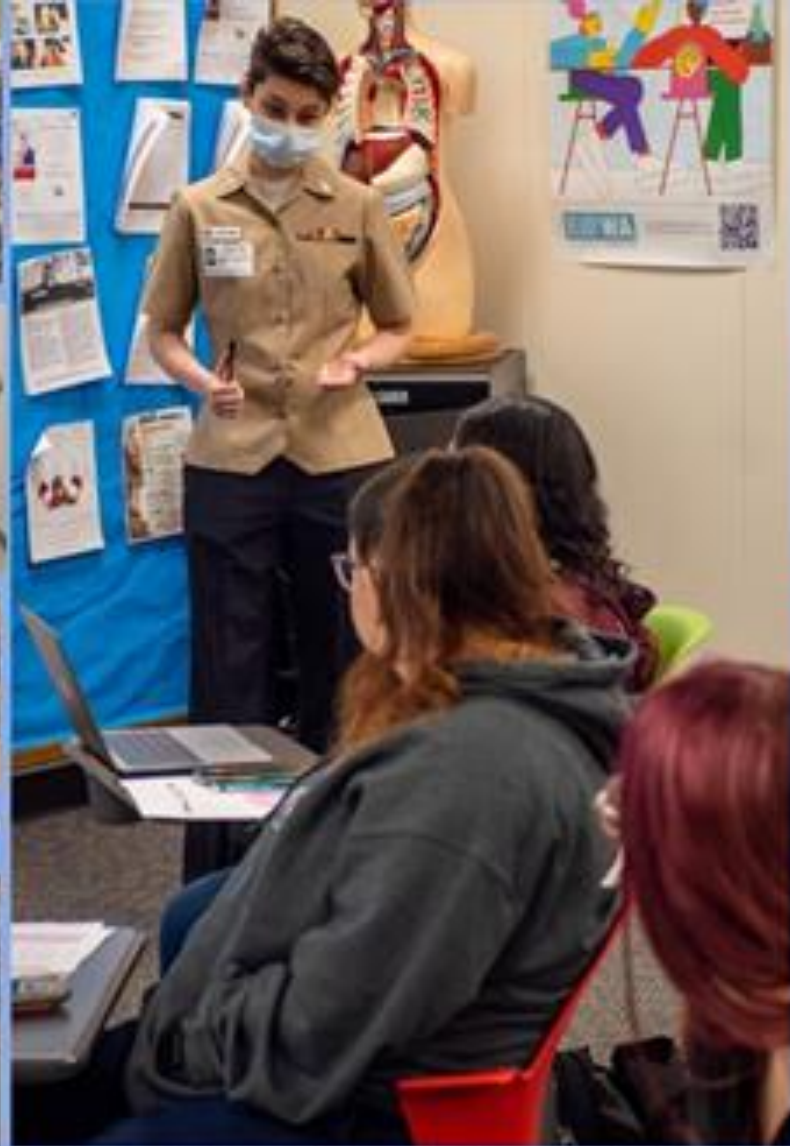


Dr. Martin Luther King Jr. legacy remembered and reinforced at NHB/NMRTC Bremerton.

One of his writings states, "An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

With help the command's Diversity Committee, that sentiment was remembered and reinforced for staff, patient and visitor alike with a MLK Poster Board Display which featured submitted works from several staff members.



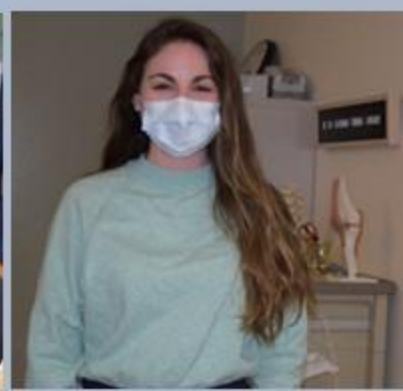


Although January is designated as National Mentoring Month, NHB/NMRTC Bremerton has over the years provided enlightenment, educational and enthusiast effort in sharing as mentors. NMM is a reminder on continuing to showcase the collective capability of Navy Medicine by explaining the many opportunities available. NMM acknowledges those staff members who make a positive impact on young lives - personally as well as professionally - by helping them prepare for their future, enhance their communication ability, set reasonable goals, and improve on their organizational skills (All official Navy photos from NHB/NMRTC Bremerton public affairs).





NHB/NMRTC Bremerton honors Women's History Month





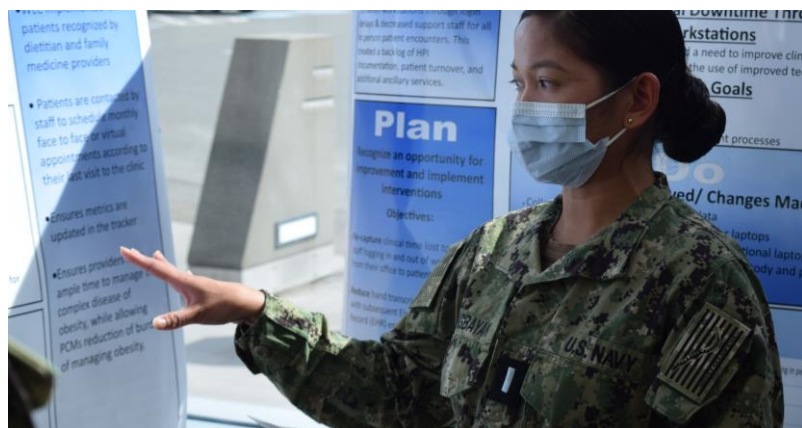
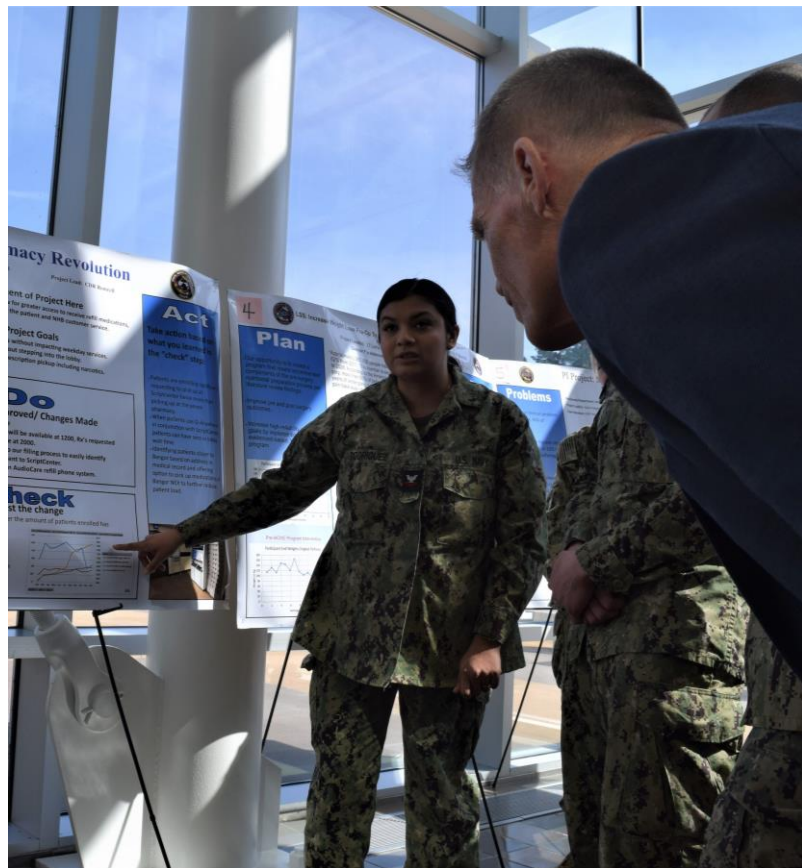
National Dentist Day, March 6, 2023

Take a moment to share your smile
with your Dental Corps team!

NHB/NMRTC Bremerton has 15
active duty dentists, two GS
dentists, and eight contracted dental
hygienists who provide care to over
12,300 active duty beneficiaries.

Stay true to your teeth so they don't
do false by you...





Continuous Process Improvement Fair March 16, 2023



Asian American Pacific Islander Heritage Month observation



With this year's theme, "Advancing Leaders Through Opportunity," Amylisa Myers, Registered Nurse assigned to Navy Medicine Readiness Training Command Bremerton, with a legacy in Navy Medicine which includes deploying as part of the Fleet Hospital 8 to Rota, Spain in support of Operation Iraqi Freedom, 2003, four years at Naval Hospital Bremerton and her final rank as lieutenant, notes that this year's theme "creates avenues for all of us to find our inner leader and let them shine, in big or small ways. As a nurse, I see in today's hospitals that there are inclusive, shared-governance leadership models giving opportunities for nurses and other non-providers to transform care at the bedside, rather than by just from top-down directives. These models embrace the diversity of voices and experience that enrich the care experience for both patients and clinicians."

"We must remember that these avenues of opportunity weren't always afforded to everybody, particularly to minorities. When my father was in the U.S. Coast Guard, Filipinos weren't permitted to rate as anything other than a cook or steward "boy" until 1971. He spent more than half of his career in domestic roles. As soon as the opportunity opened to rate, he seized it and eventually retired as a chief warrant officer 3 in finance and supply, then as a lieutenant junior grade after joining the Coast Guard Auxiliary. Seeing a community need as an opportunity to highlight Filipino heritage, he chartered the Filipino Community of Sitka in 1981, serving as its president before passing the torch to the next leaders to let them shine. I'm proud of the opportunities he sought to advance as an individual and as a leader, serving as a shining example to me and my community."

"The COVID-19 Pandemic hit Asian Americans particularly hard. Anti-Asian discrimination became violent. Despite this, there were opportunities for everyday people to shine through the darkness. Ever-changing circumstances often create new opportunities for leaders to emerge. Asian American healthcare workers and researchers persevered, made breakthroughs, and redefined the frontline hospital worker. Asian Activism and reporting of hate increased, which is notable from a community not usually associated with speaking up/out. Their experiences led to greater empathy with others who have experienced similar forms of racism. Through hope, commitment, and pride, they persevered...like my father before me, and all who continue to shine when opportunity knocks."



Asian American Pacific Islander Heritage Month observation



When Hospitalman Emaredong Wally, assigned to Navy Medicine Readiness Training Command Bremerton, was asked what does the 2023 theme of Asian American and Pacific Islander Heritage month, "Advancing Leaders Through Opportunity" mean to you, she replied, "AAPIHM recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. This is a month dedicated for people with an Asian Pacific Islander blood-line."

"I am a Palauan Woman. I grew up in the Micronesian Islands of the Republic of Palau. I decided to leave the islands for a better opportunity in the United States of America. A lot of Asian Pacific Islanders work hard to make America the best home for themselves. We sacrifice a lot by leaving our families and moving to the states for a better life. The positivity to that is everyone gets to understand our various cultures and traditions. I feel like that is what a lot of Asian Pacific Islanders do, make a better life for themselves by hard work and sharing our traditions."

"Advancing Leaders through Opportunity to me is helping people reach their goals in life. A lot of Asian American Pacific Islanders are very hard working and successful. But can still improve with opportunity."

A lot of opportunities are hard to get due to the lack of knowledge with American culture. With that being said, hopefully this could be an awareness type of event that will help give Asian Pacific Islanders courage and the willingness to become more successful as leaders and help shape the United States of America a better and improved nation."



Administrative Professionals Rock! It's our honor and privilege on National Administrative Professionals Day to readily acknowledge all our professionals who keep all our offices running smoothly every day. All our administrative professionals provide a tremendous amount of crucial daily support, from managing appointments, coordinating with our patients, and managing important administrative operational needs





CSADD
SHOUT-OUT!



NAVY MEDICAL CORPS, 152ND ANNIVERSARY OFFICIALLY
RECOGNIZED MARCH 3, 1871



MAP

March 6, 2023



Prevent mistakes in surgery

Universal Protocol:

- Make sure that the correct surgery is done on the correct patient and at the correct place on the patient's body.
- Mark the correct place on the patient's body where the surgery is to be done.
- Pause before the surgery to make sure that a mistake is not being made.

Improve Staff Communication

Get important test results to the right staff person on time

Critical results of tests and diagnostic procedures that fall significantly outside the normal range may indicate a life-threatening situation.

It is very important to provide the patient's provider these results, so they can take action quickly.

Improve Staff Communication

Get important test results to the right staff person on time

Critical results of tests and diagnostic procedures that fall significantly outside the normal range may indicate a life-threatening situation.

It is very important to provide the patient's provider these results, so they can take action quickly.

Surface Disinfecting

Why is it important?

Germs spread in many different ways. With illnesses like the flu and COVID-19, people can easily spread respiratory viruses through the air. When aerosolized droplets carrying the viruses get into the air, they land on all the room surfaces. Certain viruses can remain viable on surfaces as dried droplets for up to 28 days! Cleaning and disinfecting surfaces is part of a good plan to reduce infections. Even at home.

What is the difference between cleaning, sanitizing and disinfecting?

According to the CDC, the high-level differences are as follows:

- Cleaning:** Cleaning refers to the removal of germs, dirt and impurities from surfaces. It doesn't kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- Disinfecting/Sanitizing:** Disinfecting/sanitizing refers to using chemicals to kill germs on surfaces. This process doesn't necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Celebrating National Patient Safety Week and the NHB Performance Improvement Fair

Be a Patient Safety Hero: Anytime, Anywhere-Always

Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.

Prevent Infection

Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization. Set goals for improving hand cleaning. Use the goals to improve.



National Patient Safety Week

March 12-18, 2023



What are the National Patient Safety Goals?

The purpose of the National Patient Safety Goals is to promote specific improvements in patient safety. The goals focus on problem areas in health care safety and how to solve them.

The Joint Commission approved its first set of (NPSGs) in July 2002.

All Joint Commission accredited health care organizations are surveyed for implementation of the goals and requirements.

The goals and requirements are decided upon from a "pool" of recommendations. Each year, the previous goals are evaluated, by a panel of widely recognized patient safety experts, called the Sentinel Event Advisory Group. New recommendations are made and the goals are updated or changed.

The Joint Commission

The Joint Commission is a private, not-for-profit organization dedicated to continuously improving the safety and quality of care provided to the public. The Joint Commission is the nation's principal standards setter and evaluator for a variety of health care organizations including NAVAL HOSPITAL BREMERTON.



Navy Medicine Civilian Corps turns six at NHB...May 1, 2023

Navy Medicine Readiness Training Command Bremerton commenced National Nurses Week, May 6-12, 2023, with a Blessings of the Hands by command chaplain, Lt. Cmdr. John Tarr, followed by breakfast offerings. "Chaplains and nurses have much in common," explained Tarr. "Both tend to meet people on a worst day. We comfort them when with mercy and compassion." There are approximately 100 active duty, civil service and contractor nurses assigned to NMRTC Bremerton, each contributing to the National Nurses Week 2023 theme: **Nurses Make A Difference, Anytime, Anywhere - Always**



Did you know? At Navy Medicine Readiness Training Command Bremerton, Navy Nurse Corps officers, who make up approximately half of the 100 assigned nurses, are part of more than 4,000 active duty and reserve nurses who provide care or support patient care in more than 20 specialties which include:

Ambulatory care nursing

Critical care

Education and training management

Emergency/trauma

Family nurse practitioner

Health care business analytics

Maternal infant nursing

Medical-surgical

Mental health

Neonatal critical care

Nurse anesthesia

Nursing education

Nurse midwife

Nursing researcher

Operational nursing

Pediatric nurse practitioner

Pediatric nursing

Perioperative

Psychiatric health nurse practitioner

Public health





Chalking up Nurses Week at NMRTC Bremerton...Navy Nurse Corps officers decorate the command's skybridge in conjunction with May 6-12, 2023 being National Nurses Week and May 13 the Navy Nurse Corps' 115th anniversary.





Navy Medicine Readiness Training Command Bremerton Diversity Council observance of Pride Month, celebrates and recognizes the diversity of both civilians and service members across the Department of Defense. With June designated as Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ+) Pride Month after being established by an Under Secretary of Defense for Personnel and Readiness Directive, the theme for this year's observance is "Equality Without Exception - Pride in All Who Serve," has staff members participating in a t-shirt painting contest to promote awareness by displaying their finished product on the command quarterdeck (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



U.S. Army Lt. Gen. Telita Crosland, Defense Health Agency director was hosted June 8, 2023, for a familiarization tour, meet-and-greet with command leadership and the opportunity to address active duty, civil service and contractor staff members (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)

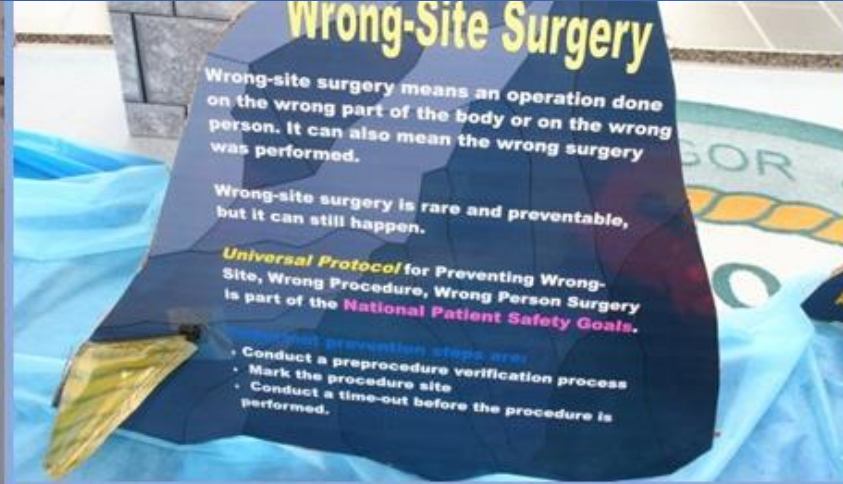




**NMRTC Bremerton
Frocking Ceremony
June 9, 2023**



**Miles with Smiles for Global Running Day
at NHB/NMRTC Bremerton, June 7, 2023 and beyond...**



**National
Time-Out Day
June 14, 2023
Patient Safety!**





NMRTC Bremerton Hospital Corps – adding to 125 years of legacy - June 17, 1898

Hospital Corps Ball – Happy 125th!





Navy
Dental
Corps
Turns 111
At NHB/
NMRTC
Bremerton



NHB/NMRTC Bremerton Recognizes National Dog Week Sept. 17-23, 2023

Caring Canine Connection



National Midwifery Week!



In conjunction with Oct. 1, 2023, through Oct. 7, 2023 recognized as National Midwifery Week, we recognize Cmdr. Teri Ryals, Navy certified nurse midwife assigned to Naval Hospital Bremerton OB/GYN clinic.

"A Navy certified nurse midwife is a master's or doctorate prepared healthcare provider that provides essential women health services to OBGYN patients including contraceptive care which is part of our surgeon general's priority of operational readiness," explained Ryals.

"We also provide family planning services, an array of gynecologic care, preconception counseling, and postpartum care. We are on the frontline and demonstrate unique capabilities by remaining clinical and deploying, while demonstrating the ability to provide invaluable input to clinical communities in the military health system."

"Our goal is to not only provide care and connect with our patients but to assist in the development of policy and procedural changes that are conducive to improving the standardization, quality, and safety of female and transgendered patients in support of operational readiness."

Did you know? NHB's Walk-In Contraceptive Clinic services has been available for all active duty service members and eligible beneficiaries since 2021. No appointment is necessary, every Wednesday, from 8 a.m. to 11 a.m., and 1 p.m. to 3 p.m.

The goal of the walk-in contraceptive clinic is to enhance warrior readiness and pregnancy planning throughout reproductive years.

Ryals has deployed on hospital ship USNS Mercy (T-AH 19), participated in the Afghan Allies Welcome Mission, and answered the call of duty for manning assists to various military installations. She is NHB's OBGYN clinic department head and the Family Planning Sub-Community Board chair which is a clinical community of DHA's Female Force Readiness Advisory Board.





*Class act...NHB/NMRTC
Bremerton First Class
Petty Officer Association
share back-to-school
supplies with staff
members as part of the
annual preparation
process for parents
readying their children for
the upcoming school year
(Official Navy photos by
Douglas H Stutz.*





It's Pediatric Nurses Week!

With Oct. 2 through Oct. 6, 2023, being designated as Pediatric Nurse Week, we asked Lt. Samantha Dahl, Naval Hospital Bremerton Pediatric Clinic interim department head and Navy Nurse Corps officer about the significance of being recognized for the compassionate and competent clinical care she routinely provides for those in need.

"To me, being a pediatric nurse means being there for families and children through their highs and lows," stated Dahl. "We have the privilege of supporting children through developmental milestones, working within a team to shape their formative impression of health care."

"I am fortunate to be present through some of the best days of life and extend a hand on some of the hardest days of life for children and their families," added the Melbourne, Florida native. "Pediatric nursing is a family affair, and my favorite part is





It's National Pharmacy Week at NHB! We readily acknowledge our pharmacists and technicians for their unsung efforts in providing crucial behind-the-scenes support for patients in procuring their prescribed medications.



CPO Selection
Announcements...
Stunned, Speechless, Surprised



**A Name Change Like No Other...
CPO Pinning Ceremony
Sept. 29, 2023**





Hispanic Heritage Month



NHB/NMRTC Bremerton

For Hospital Corpsman 3rd Class Jovana Losada, her connection with Hispanic Heritage Month is evidenced by her always bringing a little part of her Argentinian home and heritage with her wherever she goes during her four years – and counting serving in the U.S. Navy. Orlando, Florida is her home with time also spent in Trenque Lauquen, Argentina. “I’m always keeping in touch with my family in Argentina, baking Argentinian cuisines, and listening to music not only from Argentina but from other Hispanic/Latin America countries,” said Losada, currently assigned to Navy Medicine Readiness Training Command Bremerton as the regional limited duty coordinator for all Navy commands in the Pacific Northwest, home to the third largest fleet concentration in the U.S.

Hispanic Heritage Month provides a notable opportunity for Losada to reflect and share on her cultural roots. “Hispanic Heritage Month is important because you are taking a moment to honor everyone’s flag and learn about their cultures,” Losada noted.

Hispanic Heritage Month theme for 2023 “Todos Somos, Somos Uno: We Are All, We Are One,” also holds significance for Losada. “What it means to me is that being from different parts of the world with different cultures unifies us and makes us stronger as a whole,” explained Losada, who continues to strengthen her Navy Medicine skills in caring for those in need. “I became a Hospital Corpsman because I wanted to take care of people and give back as much as I can. My long-term goal in life is to become a registered nurse. I strongly believe that my role as a hospital corpsman will build the strong foundation that I need to achieve my dreams.”



Family, friends and co-workers filled Naval Hospital Bremerton's quarterdeck for the promotion ceremony of Cmdr. Maria Edusada, Medical Service Corps officer, to the rank of U.S. Navy captain, Oct. 6, 2023. Capt. Chad E. McKenzie, Navy Medicine Readiness and Training Command Great Lakes commanding officer and Capt. James A. Lovell Federal Health Care Center deputy director and Edusada's prior commanding officer at U.S. Naval Hospital Naples, Italy, did the honor of administering the oath for her promotion. "It was no surprise that Cmdr. Edusada was not only selected for captain, but was meritoriously reordered to the number one position," remarked McKenzie, noting her embodiment of humility and selflessness, readily acknowledging the value of every staff member – active duty and civilian – and care for others were among the intangible attributes so valued in a leader like Edusada.

"To all the Sailors, leaders, chiefs mess, civilian staff, colleagues, friends, guests, thank you for this honor and thank you for sharing this day with me and my family. I cannot begin to describe the gratitude that I am feeling at this moment. I am humbled," shared Capt. Edusada, acknowledging the loving family support, professional mentorship from leaders, camaraderie from colleagues and unwavering dedication and service from Sailors and civil service staff have all contributed to her 35 years of U.S. Navy service and achieving the rank of Navy captain (official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Meet Capt. Maria Edusada,
NHB/NMRTC Bremerton
director for administration





NHB-NMRTC Bremerton's Soctober Fall Festival held Oct. 31, 2023, proved to be a fashionable success for staff to enjoy festive themed food like bratwurst, sample donated offerings from well-received chili and dessert cooking contests, take part in hand and face painting, make haunted mask or treat rounds, or simply relax with colleagues and friends in a crisp fall day in the Pacific Northwest. The sock donation drive organized by the Recreation Advisory Committee brought in a host of charitable support. Yet perhaps the most notable, and visual celebratory impact of the event was the numerous Halloween costumes on display by every in attendance. (Official Norey photos)

NHB/NMRTC Bremerton Recognizes National Cat Week Nov. 5-11, 2023



Radiologic Technologist Week at Naval Hospital Bremerton “Patients are our Passion, Safety is our Priority”

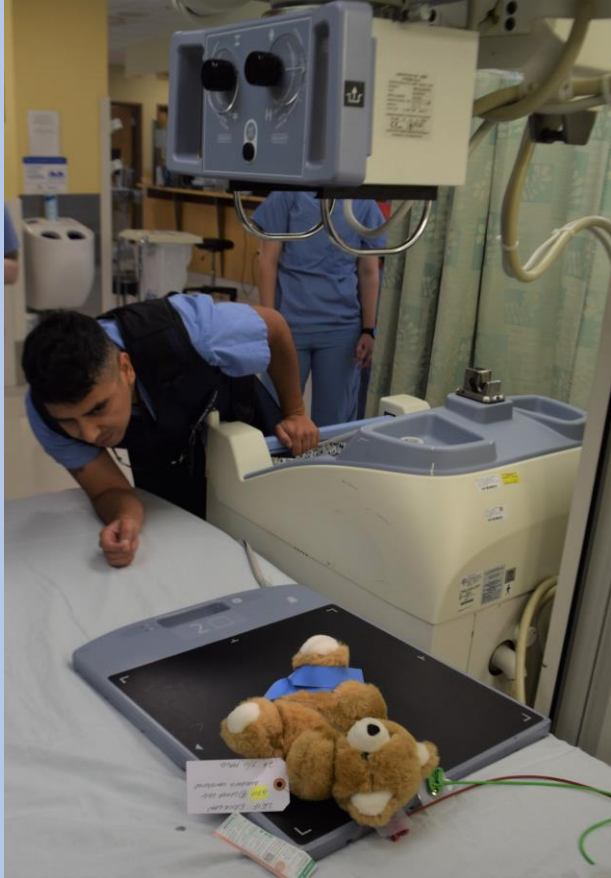


With Nov. 11-15 designated as Radiologic Technologist Week, we honor our entire Radiology Department team who provide the following services:

Computed Tomography, Diagnostic Radiography, Magnetic Resonance Imaging, Mammography/Breast Imaging, Nuclear Medicine, Radiation Health and Ultrasound.

Radiology volume for 2022 helps to illustrate their visual value:
There were 19,130 total diagnostic exams conducted, which included:
X-Rays: 9,800
Diagnostic CT exams: 1,015
Cone Beam CT scans: 115
Mammograms: 1,640
MRI: 1,450
Ultrasonounds: 1,812
Navy Medicine Readiness Training Unit Bangor X-rays: 908
NMRTC Bremerton Puget Sound Naval Shipyard det. X-rays: 1,250
NMRTU Everett X-rays: 1,140

Mass Casualty
Exercise
Nov. 14, 2023



Great American
Smokeout [Cold]
Turkey Trot 5K

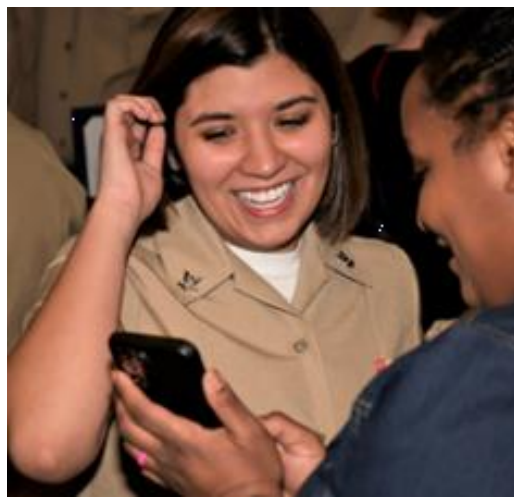




Frocking Ceremony – Dec. 1, 2023!







Meet Navy Medicine Readiness Training Unit Everett newly frocked Sailors!



Reindeer Run 5K Dec. 14, 2023





NHB/NMRTC Bremerton Holiday Meal with a little holiday music ...





*Season Greetings
Happy Holidays!*





NMRTU Everett – setting the standard!

NMRTC Bremerton PSNS Detachment All-Stars!



